

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Currently Amended) A gliding board, ~~including comprising:~~  
[[.]] an injected polyurethane foam core;  
[[.]] lateral reinforcing elements (13, 14), which ~~form~~forming some or all of the ~~a~~ plurality of edges of the board;  
[[.]] at least one internal reinforcement (1), which is ~~in the form of~~ a solid layer;  
[[.]] two outer layers, of which ~~thea~~ lower outer layer ~~forms the~~forming a gliding surface; (11) and  
    ~~the~~ upper outer layer ~~forms the~~forming a protective upper layer (23), wherein the internal reinforcement (1) rests on recesses (16) which are provided for this purpose in each of the lateral reinforcing elements (13, 14), said ~~the~~ internal reinforcement having notches (2, 3) on its side profiles thereof so that, level with said notches, the injected core passes through ~~it~~the notches in order to at least partially occupy ~~the~~ at least one of a volume (21) defined between the internal reinforcement (1) and the upper outer layer and a volume defined between the internal reinforcement and the lower outer layer ~~at least one of the two outer layers~~ (23).
2. (Original) The gliding board as claimed in claim 1, wherein the core at least partially occupies the volume defined between the internal reinforcement and the protective upper layer.

3. (Original) The gliding board as claimed in claim 1, wherein the core at least partially occupies the volume defined between the internal reinforcement and the lower layer that forms the gliding surface.

4. (Currently Amended) The gliding board as claimed in claim 1, wherein the notches (2,3)-made in the internal reinforcement (1)-are longitudinally offset from one side of said reinforcement to the other.

5. (Currently Amended) The gliding board as claimed in claim 1, wherein the internal reinforcement rests on a recess that forms a shoulder made in the upper part of each of the lateral reinforcing elementelements.

6. (Currently Amended) The gliding board as claimed in claim 1, wherein the internal reinforcement is immobilizedretained by a recess that forms a shoulder made in the lower part of each of the lateral reinforcing elementelements.

7. (Currently Amended) The gliding board as claimed in claim 1, wherein the internal reinforcement rests in a groove-shaped recess (3,6)-made on the inner face of each of the reinforcing lateral elementelements.

8. (Currently Amended) The gliding board as claimed in claim 5, wherein the protective upper layer (23)-rests at least partly on the internal reinforcement at the level of adjacent to the lateral reinforcing elements (13, 14).

9. (Currently Amended) The gliding board as claimed in claim 1, wherein the internal reinforcement is based oncomprises a laminated fiber material.

10. (Currently Amended) The gliding board as claimed in claim 1, wherein the internal reinforcement is based on comprises a metallic material.

11. (Currently Amended) A method for manufacture by injection/molding of a gliding board that includes lateral reinforcing elements, which form forming a plurality of some or all of the edges of the board, outer layers and at least one internal reinforcement, said method involving comprising a step of in-situ injecting components that chemically react to produce a foam, which expands with a view to forming form the core of the board, wherein the internal reinforcement is immobilized retained in recesses, made for this purpose in the lateral reinforcing elements, when the various constituent elements of the board are being fitted in the mold, said the internal reinforcement having lateral notches that establish communication between the volumes defined above and below said the reinforcement so as to allow the foam to circulate as it expands during the formation of the core.